

The NORTHWEST AIRLIFTER

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McChord Air Force Base, Wash.

Connecting Team McChord with the Combat Airlift Mission

March 2, 2007

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8th Airlift Squadron deploys

By
Tyler Hemstreet
Staff writer

McChord's 8th Airlift Squadron left here Saturday for a 120-day deployment to the war zone in support of the Global War on Terror.

The 8th AS' Airmen are deployed as the 817th Expeditionary Airlift Squadron to various locations throughout Europe, Southwest Asia and the Middle East. They replaced the 4th Airlift Squadron, which is scheduled to return here Saturday.

"Our Airmen are motivated and committed to their service," said Lt. Col. Gregory Schwartz, 8th AS commander. "We look forward to leading the 817th EAS, supporting our fellow combat warriors engaged in Operations Enduring Freedom and Iraqi Freedom."

The feeling of teamwork and unwavering support of fellow Airmen really comes into play when one squadron leaves for deployment and another comes home, said Capt. Matt Purdiak, 8th AS.

"It's nice for us to go relieve those guys in the 4th AS because when it comes down to it, we're all on the same team," Captain Purdiak said.

Spirits were high, and all the Airmen in the 8th AS departing had a great attitude about the deployment, he said.

"The 8th AS is full of good guys and they know when it's time to work and when it's time to play," said Captain Purdiak.

And no matter the circumstances, the objective always remains the same, he said.

"We just strive to get the job done while not hurting anybody or bending any metal," Captain Purdiak said.

The 817th EAS, headquartered at Incirlik Air Base, Turkey, is responsible for scheduling, planning and executing C-17 missions into the U.S. Central Command's area of responsibility including Iraq and Afghanistan.

McChord's four active duty flying squadrons share responsibility for the deployed squadron.



Photos by Capt. Matthew Purdiak

Capt. Chad Manning, 8th AS, and his wife spend quality time together while feeding their son before the 8th AS deployment.



Capt. Brent Stark, 8th Airlift Squadron, and his girlfriend share a laugh at the passenger terminal while looking at digital photos before the 8th AS deployment Saturday. Captain Stark is serving as an aircraft commander while deployed.

McChord gives honors to elite group of enlisted Airmen

By
Staff Sgt. Tiffany Orr
62nd Airlift Wing Public Affairs

The base honored seven Airmen for their promotion to chief master sergeant during a Chief Master Sergeant Induction Ceremony at 6 p.m. Feb. 23 at McChord's Clubs and Community Center.

The event was very professionally done, said inductee Senior Master Sgt. Kevin Parks, who will sew on his eighth stripe in May.

"I felt proud and a sense of awe listening to the chief's creed," he said. "I also had a renewed sense of determination to serve in my duties and as an honoree."

Sergeant Parks said the best part of the ceremony

was that it helped the inductees realize the enormity of the step they were about to take in their careers.

"It brought everyone's focus to the chief's role as the top one percent and the immense duties and responsibilities of serving in that top percent."

Chief Master Sgt. Robert Belletti, 446th Aircraft Maintenance Squadron superintendent, who was inducted in last year's ceremony, said he can attest to the increased pressures of becoming a chief master sergeant.

"It's totally different," he said. "You have to lead by example because everybody looks up to you."

Even though the newfound responsibilities of being a chief can be stressful, Sergeant Parks offers encouragement for those who want to take on the challenge and take part in their own chief's induction ceremony someday.

"Never give up, that's the key," he said. "Always keep believing, and never give up. No matter how bad things are, you can overcome obstacles even if your career is not perfect."

The inductees were:

- Chief Master Sgt. Christopher Dietz, 86th Aerial Port Squadron
- Chief Master Sgt. Minett Fernandez, 446th Aerospace Medicine Squadron
- Chief Master Sgt. Alan Gingras, 446th Maintenance Squadron
- Chief Master Sgt. Daniel Morris, 446th MXS
- Chief Master Sgt. Trisha Almond, Western Air Defense Sector
- Chief Master Sgt. Robert Nichols, WADS
- Senior Master Sgt. Kevin Parks, 62nd Maintenance Squadron

Weekend Weather

FRIDAY



Hi: 47
Low: 39

SATURDAY



Hi: 50
Low: 40

SUNDAY



Hi: 52
Low: 37

Forecast generated at 7 a.m. Wednesday
Courtesy of the 62nd Operations Support Squadron

Mission accomplished

Total McChord sorties	2,322
Total flying hours	8,602.0
Cargo moved (tons)	22,412.9
Departure reliability rate	95%
Mission capable rate	86.1%
Personnel currently deployed	488
Reservists currently activated.....	262
(Jan. 1 to Tuesday. Numbers updated Tuesday.)	

Don't miss it ...

Retirement ceremony

Col. Chris Coley, 62nd Airlift Wing director of staff, will retire at 9 a.m. March 9 at McChord's Clubs and Community Center.

MOBEX will train Airmen to meet AF needs

By

Col. Jerry Martinez
62nd Airlift Wing commander

Next week, the wing will undergo an initial response exercise, testing our ability to get our Airmen out the door and to the fight, wherever it may be. With nearly 600 Airmen currently deployed from McChord, we are proving our ability to bring the fight to the frontlines of freedom everyday. While deploying may seem second nature to us now, so many years into the Global War on Terror, it's exercises like this that hone our skills and keep us ready whenever our country calls.

This exercise is a great opportunity to train your Airmen for the expeditionary nature of today's Air Force. Take the time to talk to your young Airmen about why we have exercises. Make sure the Airmen in your unit who will process the deployment line are prepared and understand why it is important to be ready to deploy.

As I've said many times before, our operations tempo is not going to slow

down. We will continue to deploy and serve in Iraq, Afghanistan and other countries around the world for as long as this global struggle continues, and McChord Airmen at home will continue to bring combat airlift to the world from the Pacific Northwest.

Every week, our Logistics Readiness Squadron briefs me on the number of McChord Airmen who are scheduled to deploy and who return from deployment. These are numbers I watch very closely and take great interest in. Almost every week we receive new taskings that will take McChord Airmen into harm's way. We use exercises like the one next week to ensure the Airmen we send have the tools they need to succeed, and then we trust each Airman to accomplish the mission.

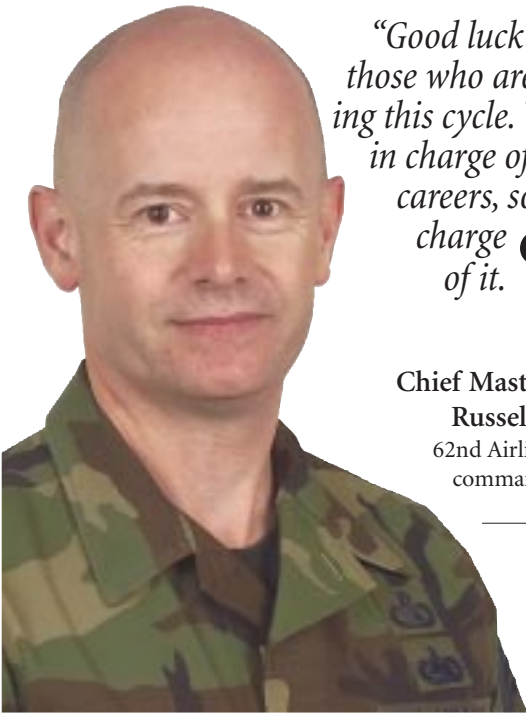
It's my responsibility to make sure every Airman who leaves this base is ready for whatever dangers he or she will face in the theater. I take that responsibility seriously. Each Airman that returns safe and sound is one who left McChord ready for the challenges ahead. Make sure you and your Airmen are ready!

“While deploying may seem second nature to us now, so many years into the Global War on Terror, it's exercises like this that hone our skills and keep us ready whenever our country calls.”

Col. Jerry Martinez
62nd Airlift Wing commander



Testing for promotion requires dedication, determination



“Good luck to all those who are testing this cycle. You're in charge of your careers, so take charge of it.”

Chief Master Sgt.
Russell Kuck
62nd Airlift Wing
command chief

By

Chief Master Sgt. Russell Kuck
62nd Airlift Wing
command chief master sergeant

How badly do you want that next stripe? Testing for promotion should not be taken lightly. Planning, concentration and determination are the keys to successful test-taking.

The material covered in both the promotion fitness exam and skill knowledge test require the individual's complete understanding. It's your responsibility to prepare yourselves. Here are some tips to consider:

- Get your test date early. You should already know when it's your testing cycle. If you haven't already received a test date, contact your commander's support staff immediately. Don't wait until they tell you you're testing tomorrow morning.
- Come up with a study plan ... and stick to it! Half the battle of planning is abiding to it. Studying on a daily basis has proven to be the key in

retaining any material you learn. Know what upcoming events will interrupt your regular schedule, and plan your study time around it.

- Communicate with your supervisor. See if your supervisor can provide you opportunities to become familiar with areas in your work center you don't work with on a daily basis. Use your newfound knowledge and experience as a reference when reviewing your career development course.

- Visit the testing facility before arriving for the test. Take note of how much travel time you'll need, and plan to arrive at least 30 minutes early. This gives you a little room for unexpected delays, such as traffic. Also, knowing your surroundings will help you stay focused while taking your test.

- Learn some relaxation techniques before taking the test. Relieve test anxiety, and have confidence in your study method. If you've done your best, you should have nothing to worry about.

Good luck to all those who are testing this cycle. You're in charge of your careers, so take charge of it. Hooah!

Ask the Commander

E-mail ActionLine@mcchord.af.mil
or call 982-2222

Commander's Action Line

Q: I'm concerned about the gas prices on base. I know you're supposed to keep it in comparison with the gas prices off base, but I found gas cheaper elsewhere. I just don't understand the difference.

A: The Army and Air Force Exchange Service's gas pricing policy in the continental United States is designed to offer the fairest price in the market. It is not set to lead or undercut the market, or to gouge the military customer. AAFES will not participate in gas pricing practices that could be construed as starting "gas price wars" or be viewed as a mechanism for price busting.

In CONUS, the pricing policy is to survey service

stations, deemed to be the competition and establish the AAFES price equal to the lowest price surveyed. Unlike other merchandise, AAFES is required to pay state and local taxes on motor fuels as well as underground storage fees, etc., in accordance with the Hayden Cartwright Act. The state motor fuel taxes and other applicable fees paid by AAFES are included in the motor fuel price to the military customer.

The survey method AAFES uses allows them to be fair and competitive with the community, maintain good relations with local community station owners and still offer their customers a fair price, as required by the House of Representatives Armed

The Commander's Action Line provides a direct link of communication between you and me, with the goal of building a better community. Your concerns, questions and ideas are highly valued and are key in enhancing Team McChord's mission and community. I encourage you to give the professionals here, together with your chain of command, the opportunity to address your concerns directly.

However, questions that come through the Action Line have my personal attention. Please be sure to leave your name and phone number, so we can follow up with you. Comments and questions that apply to a large base audience will be published in the base newspaper.

Col. Jerry Martinez
62nd Airlift Wing commander

Services Committee which exercises congressional oversight for all military exchanges. HASC guidelines recognize that military personnel are entitled to convenient shopping facilities that offer reasonable savings while assuring that exchanges do not create undue competition with the private sector.

Income from the sale of gasoline, and all goods and services AAFES provides, generates earnings which are returned to AAFES customers through construction and modernization of facilities or through moral welfare and recreation facilities such as the base library, bowling alley and golf course. Every cent of profit AAFES earns goes back to the military in one form or another.

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Women aviators

Role models for Airmen

By

Col. James Weber

62nd Maintenance Group commander

It's that time of year when we celebrate the accomplishments of some of my favorite people — women. With Women's History month approaching, I thought I'd take this opportunity to introduce you to someone who should figure as a role model for any of us in the airlift business and add to your understanding of Air Force history as a whole. Her name was Nancy Harkness Love.

Born Nancy Harkness on February 14th, 1914, in Houghton, Michigan, she grew up inspired by aviation. At the age of 16 she started taking flying lessons and in less than a month earned her pilot's license.

By 1936, she was married to Robert Maclure Love, and the couple ran their own business, Inter City Aviation, out of Boston Airport. Nancy Love was also one of several Massachusetts women ferrying light planes to the Canadian border destined for our allies in Europe. It was during these ferry flights that she made her first contacts with the Army Air Corps' Air Ferrying Command and set the stage for her future success.

After the outbreak of World War II, her husband, a Reserve major in the Air Corps, was called to active duty in Washington, D.C. Nancy Love accompanied him to his assignment, and landed a civilian job with the Air Transport Command Ferrying Division. During this time, she convinced her boss, Col. Will-

iam Tunner, that using experienced women pilots to supplement the existing force was prudent. With Colonel Tunner's support and Air Corps Chief of Staff Gen. Hap Arnold's blessing, the Women's Auxiliary Ferrying Squadron was established in September 1942 and began operations at New Castle Army Airfield, Del. In 1943, the WAFS and Jacqueline Cochran's Women's Flying Training Detachment merged and became a single entity known as the Women's Airforce Service Pilots with Nancy Love serving as its executive director on the ATC staff.

Her duties included administration of six WASP ferrying squadrons and planning operational and training procedures.

Between September 1942 and December 1944, the WASPs delivered 12,650 aircraft of 77 different types. During this timeframe, in fact, over 50 percent of the ferrying of high-speed pursuit type aircraft in the continental United States was carried out by WASPs.

Nancy Love's personal contributions were equally remarkable, among them being the first woman to deliver a C-47 Skytrain and the first woman to check out in a C-54 Skymaster.

At the end of the war, she and her husband had the unique distinction of being simultaneously awarded the Air Medal for their leadership and service in World War II.

After the war, Nancy Love continued to champion for recognition as military veterans for the women who had served as WASPs, a status they received in 1977 shortly after her death on Oct. 22, 1976.

Combat Airlifter

of the week

Tech. Sgt. Stuart Lane

62nd Communications Squadron

Duty title:

Noncommissioned officer in charge of administrative communications

Duty Section:

Administrative communications

Hometown:

St. Petersburg, Fla.



What makes him so great?

Sergeant Lane exemplifies the 62nd CS' motto of "Comm Strikes First!" As the NCOIC of administrative communications, he encouraged the use of media mail by base information transfer center personnel. This cost-efficient action has saved the 62nd Airlift Wing more than \$250 in processing first-class mail. Sergeant Lane also procured serviceable furniture for his work center, which replaced outdated furniture, saving his squadron more than \$30,000. Sergeant Lane has also been a key member of the work center design team for Bldg. 735. This project, estimated to cost approximately \$400,000, will extend the functional life of the building by 10 years. Sergeant Lane leads by example, takes care of his troops and like the faithful postal workers, always delivers the military BITC mail on-time.



AROUND THE WORLD



Courtesy photo

IRAQ — First Lt. Miguel Colon, 62nd Aerial Port Squadron, leads a group of Airmen on a jog during a recent deployment.



Photo by Master Sgt. Daniel Nathaniel

MANAS AIR BASE, KYRGZSTAN — Airman 1st Class David Rosas, 817th Expeditionary Airlift Squadron, Detachment 1 Aircraft Maintenance Unit, blasts de-icing fluid from the turret of his cabin to remove ice from a C-17 Globemaster III prior to launch. The cabin is suspended from the end of a 80-foot lift truck. Airman Rosas is deployed from the 62nd Aircraft Maintenance Squadron.



Airmen unite for national prayer event

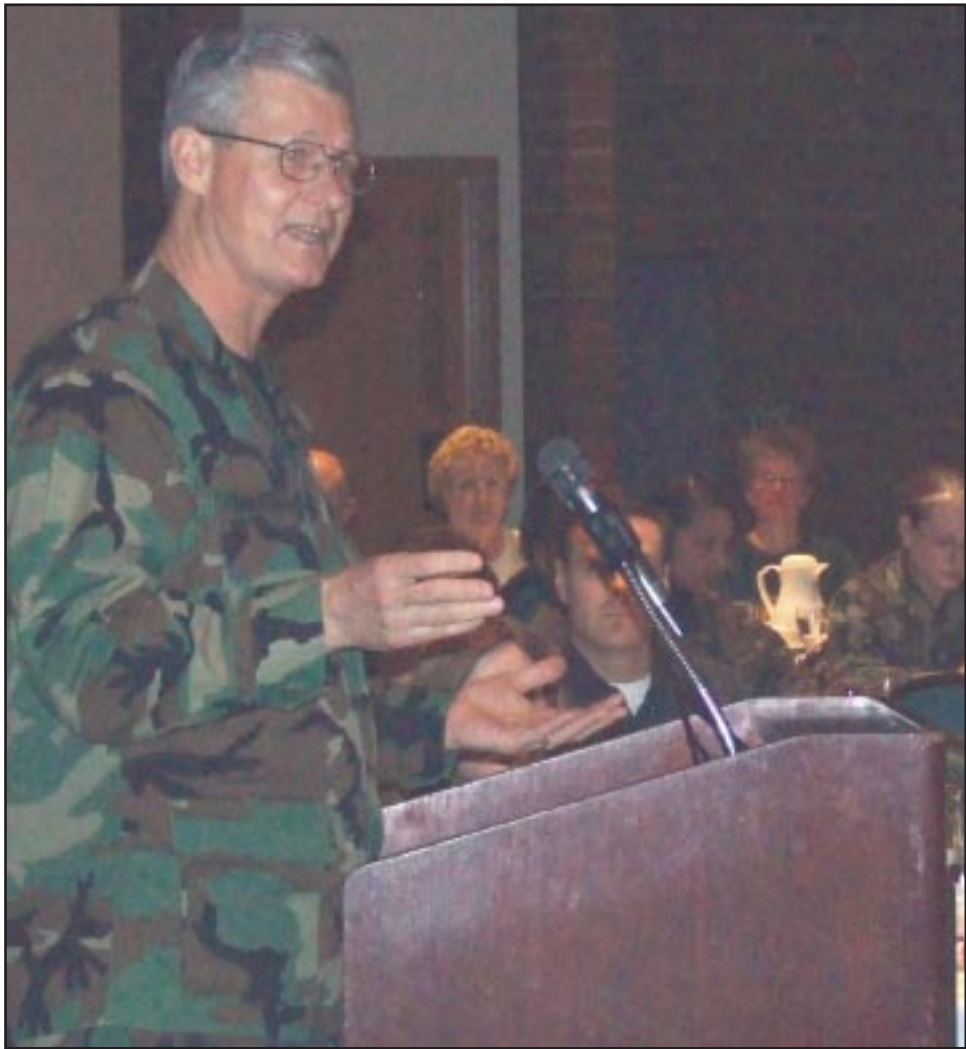


Photo by Tyler Hemstreet

Chaplain (Col.) Brian Van Sickle, Air Mobility Command chaplain, speaks Monday during the base's National Prayer Luncheon at McChord's Clubs and Community Center.

By
Tyler Hemstreet
Staff writer

More than 200 Airmen came together Monday at McChord's Clubs and Community Center as part of the National Prayer Luncheon.

Guest speaker Chaplain (Col.) Brian Van Sickle, Air Mobility Command chaplain, spoke about the audacity of hope, inspired by the book of the same title by Illinois Sen. Barrack Obama.

"We're in a long war and the loss of hope is brought upon when there is disappointment about the timeline for the end not being met," Chaplain Van Sickle said. "There are lots of demands put on us spiritually, which beg for the question 'how can I stay hopeful?'"

That hopefulness, he said, comes with seeing each base's chapel staff in action.

The 62nd Airlift Wing's "chapel staff is an exceptional team and they do a great job serving their Airmen," he said. "To see these guys' level of commitment and level of hope is a model for all of us. They are signs of hope."

The luncheon also gave Airmen a chance to bond with each other on a day set aside to help understand the important spiritual underpinnings that led to the foundation of the

country, said Lt. Col. Brian Newberry, 7th Airlift Squadron commander.

"It's nice that we can have a day that we can get together to celebrate folks' faith and beliefs, because that's part of what makes this country strong," Colonel Newberry said.

A wide array of faiths were represented at the luncheon as Airmen read separate passages from the Torah, Qur'an and the Bible.

"I was particularly impressed with the three readings because it represents the diversity that makes America strong," Colonel Newberry said.

Chaplain Van Sickle's message of hope also struck a chord with Airmen in attendance.

"I wanted to get involved with whatever activities were involved with the day of prayer," said 2nd Lt. Jennifer Allardice, 62nd Contracting Squadron, "and it was neat to see that the AMC chaplain was going to speak."

The Senate and House of Representatives inaugurated Prayer Breakfast Groups in 1942. Eleven years later, the Senate and House Prayer Groups, along with President Eisenhower, established the Presidential Prayer Breakfast to seek divine guidance for the nation's leadership and to reaffirm faith and dependence in a higher power, according to the 62nd AW chapel staff.

McChord takes steps to protect against avian flu

By
Tyler Hemstreet
Staff writer

With a majority of the base's population constantly traveling in and out of the country on deployments, health officials at McChord are keeping a close eye on avian influenza.

"It's right in the middle of our level of concern right now," said Capt. Bethany Druckenmiller, 62nd Medical Operations Squadron's chief of public health.

But that level of concern could increase, she said, if the virus mutates and is easily transmitted from human to human.

Right now the majority of the cases result from humans coming in contact with diseased animals, Captain Druckenmiller said.

"If it mutates into human to human contact, it could spread very quickly," she said.

Despite the fact that all of the cases in 2007 have come out of either Egypt or

Indonesia, there have been cases in the past in Iraq, Djibouti and Turkey, according to the World Health Organization.

McChord officials are currently working with Fort Lewis to get a response plan together, Captain Druckenmiller said.

For now, she said the 62nd Medical Group warns each Airman who is going to be deployed to stay away from animals and keep good personal hygiene habits. That includes washing hands often with soap and water or alcohol-based hand sanitizer, covering mouths and noses with a tissue when coughing or sneezing and cleaning hands afterwards, according to the American Red Cross.

"We also keep an eye on the Airmen who have had contact with the local population when they return home," Captain Druckenmiller said.

Since 2003, there have been 272 confirmed cases worldwide resulting in 166 deaths from the avian influenza, according to the WHO.



Photo by Master Sgt. Lance Cheung

Good handwashing techniques are one of the best measures to prevent not only avian flu but other diseases and illnesses.

Air Force Assistance Fund campaign begins March 14

By
Tyler Hemstreet
Staff writer

This year's Air Force Assistance Fund campaign kicks off here March 14 and gives Airmen the opportunity to contribute to any of the four official Air Force charitable organizations.

Now in its 34th year, all of the designated AFAP contributions will benefit active-duty, Reserve, Guard, retired Air Force veterans, surviving spouses and families.

Last year, Airmen exceeded the campaign goal as they contributed more than \$7.33 million.

"We just really want to push the idea that every dollar counts," said 2nd Lt. Paula Charvat, 62nd Logistics Readiness Squadron, an installation project officer. "These charities give Airmen the chance to

donate to support other Airmen."

There will also be an effort here this year to challenge squadrons to get out and spread the word about the campaign, Lieutenant Charvat said.

"We're pushing squadrons to come up with at least one fundraiser for the six week campaign," she said.

Those fundraisers may come in the form of bowling and golf tournaments or bake sales, said 1st Lt. Nathan McKim, 62nd Aircraft Maintenance Squadron, another IPO.

"It's a good outside-the-box way to help Airmen donate," Lieutenant McKim said.

The fundraisers are also a good way to get the word out to new Airmen about the benefits the four charities offer them, he said.

"Instead of learning about the charities through necessity, they can be proactive and not reactive about it," Lieutenant McKim said.

Airmen can donate to the AFAP campaign here until April 24. People can contribute cash, check or money order or use payroll deduction for the following charities:

- The Air Force Aid Society provides Airmen and their families with worldwide emergency financial assistance, education assistance and an array of base level community-enhancement programs. Base staff members at Airmen and Family Readiness Centers have full details on programs and eligibility requirements. Information is also available online at <http://www.afas.org>.

- The Air Force Enlisted Village Indigent Widows' Fund supports the Air Force Village near Eglin Air Force Base in Shalimar, Fla. The fund provides rent subsidy and other support to indigent widows and widowers of retired enlisted people 55 and older. More information is available at <http://www.afenlistedwidows.org>.

- The Air Force Villages Indigent Widows' Fund supports the Air Force Village in San Antonio, Texas, a life-care community for retired officers, spouses, widows and widowers and family members. The Air Force Village Web site is <http://www.airforcevillages.com>.

- The General and Mrs. Curtis LeMay Foundation provides rent and financial assistance to indigent widows and widowers of officers and enlisted people in their own homes and communities. The LeMay Foundation's Web site is <http://www.afvw.com/lemay.html>.

Contributions to the AFAP are tax deductible. For more information, visit the Air Force Assistance Fund Web site or the Air Force Personnel Center's Voting and Fundraising Web site.

(Information from an Air Force Print News article was used in this story.)

TAKE A BITE OUT OF TOOTH DECAY



Staff Sgt. Harry Dennard, 62nd Medical Operations Squadron periotherapist, instructs Kristina Holcolmb on how to brush her teeth properly Feb. 21 during a class visit designed to promote dental health awareness among children. Sergeant Dennard visited more than 500 children as part of Children's Dental Health month.



Capt. Bakhtiar Pribadi, right, and Staff Sgt. Jennifer Wilson, both 62nd MDOS, speak to a group of children Feb. 21 at the child development center regarding the importance of maintaining proper dental hygiene as part of Children's Dental Health month. Captain Pribadi is a dentist at the base dental clinic, and Sergeant Wilson is a prophylaxis technician.



Photos by Abner Guzman

A group of children from Carter Lake Elementary school raise their hands on Feb. 21 after being asked questions regarding dental hygiene.

American Dental Association: Good oral health practices should begin in infancy

"Preventive dental care has greatly improved the oral health of American children," said Kimberly Harms, D.D.S., American Dental Association consumer advisor and general dentist from Farmington, Minn. "It is now possible for many children to reach adulthood without ever experiencing tooth decay and that is why good oral health practices should begin in infancy and continue throughout adult life."

Dental Visits

The ADA recommends regular dental check-ups, including a visit to the dentist within six months of the eruption of the first tooth, and no later than the child's first birthday. Preventive care such as cleanings and fluoride treatments provide your child with "smile" insurance. Routine dental exams uncover problems that can be treated in the early stages, when damage is minimal and restorations may be small. When necessary, dental radiographs are taken to see how the teeth are developing and to spot hidden decay.

Early Childhood Caries

Baby bottle tooth decay can destroy your child's teeth. It occurs when a child is frequently exposed to sugary liquids such as milk, including breast milk, fruit juice and other sweet liquids. The ADA recommends the following steps to prevent your child from getting early childhood caries.

- Begin clearing your baby's mouth during the first few days after birth. After every feeding, wipe the baby's gums with a damp washcloth or gauze pad to remove plaque.
- Never allow your child to nurse or breast feed for prolonged periods and don't give him or her a bottle with milk, formula, sugar water or fruit juice during naps or at night in bed.
- Encourage children to drink from a cup by their first birthday.
- Discourage frequent use of a training (sippy) cup.
- Help your child develop good eating habits early and choose sensible, nutritious snacks.



Dental Sealants

Sealants are used to protect the chewing surfaces from tooth decay, the single most common chronic childhood disease. However, your dentist can help prevent or reduce the incidence of decay by applying sealants to your child's teeth.

- A sealant is a clear or tooth-colored plastic material that is applied to the chewing surfaces of the back teeth where decay occurs most often.
- Sealants protect normal depressions and grooves in the teeth called pits and fissures, which are particularly susceptible to tooth decay.

Mouth Protectors

Any child involved in a recreational activity, such as soccer, hockey, football, roller blading, riding a scooter and even bicycling should wear a mouth guard. There are "stock" mouth guards available in stores and a better-fitting variety, which are custom fitted by your dentist. Ask your dentist about using a mouth protector. (Article reprinted with permission of the American Dental Association.)

Hydration essential during workouts



Graphic design by Angela Jossy

Water, sports drinks replace vital fluids

By
Tyler Hemstreet
Staff writer

Since about 70 percent of an adult’s body is made up of water, staying properly hydrated during a workout is crucial.

Just a small percent change in body weight, due to a loss of fluid from sweat, can place a big strain on a body during exercise, according to the Gatorade Sports Science Institute, a research and educational facility established in 1988 to share current information and expand knowledge on sports nutrition and exercise science that enhances the performance and well-being of athletes. After a long workout, people may lose a pound or two of weight, said Patrick Conway, 62nd Medical Operations Squadron exercise physiologist.

“That weight is not fat loss, that’s just water you’re losing,” Mr. Conway said. “It can be misleading.”

The water that people lose during the workout needs to be replaced, he said. The equation to find out how much water needs to be put back in the system is as simple as taking the amount of weight (in ounces) lost during exercise and adding it to the amount of fluid (in ounces) consumed during the workout. Adding the two will let people know how much liquid (in ounces) they should drink to replace the sweat they lost, according to the GSSI.

The GSSI also recommends drinking 17-20 ounces two to three hours before athletic activity and drinking an additional seven to 10 ounces of fluid 10 to 20 minutes before working out.

People should also drink between seven and 10 ounces every 15 minutes while working out, according to the GSSI.

After a workout, make sure the hydration continues, Mr. Conway said.

The body may take a while to rehydrate, sometimes even up to 36 hours, he said.

“There’s a lot of work the body has to do to get that water back,” he said.

When it comes to what to drink, Mr. Conway said sports drinks work well to replace energy and lost sodium through sweat during the workout.

Sports drinks also contain carbohydrates that fuel working muscles and fight fatigue, Mr. Conway said.

A sports drink with a carbohydrate level of about six percent has been demonstrated by research to help fuel the active body quickly and supply enough energy to working muscles, according to the GSSI. But it is best to save the sports drinks for working out and while the body is burning energy, Mr. Conway said.

“You don’t need all that extra sodium if you’re not doing the work,” he said.

Tips for staying hydrated

- Avoid dehydrators such as coffee, sugary juices and soft drinks.
- Dilute sports drinks one-to-one with water to allow for more beneficial hydration.
- Try squeezing fresh lemon into water. Lemon is a metabolic booster that is helpful for weight loss as well as a powerful detoxifier.

(Information courtesy of <http://Medlineplus.gov>)

Air Force kicks off NASCAR season at Daytona with new driver

By
Maj. Sean McKenna
Air Force Recruiting Service Public Affairs

RANDOLPH AIR FORCE BASE, Texas — The Air Force began its seventh year of sponsorship in the NASCAR Nextel Cup Series when the No. 21 car kicked off the 2007 season recently at the Budweiser Shootout at Daytona International Speedway, Fla.

The Air Force No. 21 car, owned by Wood Brothers Racing/JTG Organization, featured a new paint scheme this season as well as a new driver, Jon Wood.

The Air Force is both a primary and associate sponsor of the No. 21 car. As primary sponsor, the car will feature the Air Force paint scheme in eight of 38 NASCAR races this season, beginning with the Budweiser Shootout. Other races include Las Vegas on March 11; Richmond, Va., on May 5; Concord, N.C., on May 27; Daytona on July 7; Pocono, Pa., on Aug. 5; Bristol, Tenn., on Aug. 25; and Dover, Del., on Sept. 23.

Jon Wood, a fixture on the NASCAR Busch Series, will drive the

car in all but one of eight races the Air Force is the primary sponsor.

Veteran No. 21 driver Ken Schrader will race the Air Force car during the Budweiser Shootout, having won the event in both 1989 and 1990.

“Having a chance to represent the Air Force is an honor,” said Mr. Wood, 25. “It means getting a chance to represent the men and women who put their lives on the line around the world every day so we can enjoy the freedoms we do.”

Air Force Recruiting Service, which oversees the sponsorship and marketing of the Air Force No. 21 car, sees the association with the Wood Brother/JTG as a fantastic opportunity for race fans to learn more about the Air Force.

“The Air Force recruits the best young men and women possible to fill our highly skilled and technical jobs, and NASCAR is a great venue to get people interested in what the Air Force has to offer,” said Master Sgt. Rupert Brown, who heads up the NASCAR event marketing team at AFRS. “The Air Force is excited to begin a new racing season at Daytona.”



Photo by Master Sgt. Scott Reed

Jon Wood, the driver of No. 21, the Air Force car in the NASCAR Nextel Cup Series, shows off the car’s new paint scheme. The Air Force began its seventh year of sponsorship in the NASCAR races when No. 21 kicked off the 2007 season recently at the Budweiser Shootout at Daytona International Speedway, Fla.

McChord, Fort Lewis work together



Photo by Sgt. 1st Class Jason Kaye

Sgt. 1st Class Mark Gorden demonstrates a Lot 5 scenario on the engagement skills trainer. Sergeant Gorden has made arrangements for more than 1,100 Air Force personnel to complete marksmanship training at the facility.

By
Don Kramer
Northwest Guardian

When Fort Lewis units deploy on Air Force aircraft, Army Sgt. 1st Class Mark Gorden is somewhere close by.

Assigned for duty as ground liaison officer with the 62nd Airlift Wing at McChord, Sergeant Gorden, an infantryman by trade, makes the transportation arrangements on the Air Force side. Air Force air mobility liaison officers

handle the job on the Army side.

The 2nd Battalion, 75th Ranger Regiment and 1st Special Forces Group are Sergeant Gorden's best customers, for whom he facilitates airborne missions ranging across the region from the National Training Center to Alaska.

He also assists in Emergency Deployment Readiness Exercise execution, as he did for 3rd Brigade, 2nd Infantry Division last year.

Other professional highlights for Sergeant Gorden included arranging an air field seizure mission for the Rangers, and sending 3rd Brigade,

2nd Infantry Division to the NTC in preparation for their current deployment to Iraq.

"That one required five C-17 Globemaster III's with 15 pieces of rolling stock, vehicles and equipment," Sergeant Gorden said.

He said he looks for the win-win, training opportunities that benefit Air Force pilots and support personnel as well as Army units.

"It's a joint effort," said Sergeant Gorden. "With my infantry background and the support of the AMLOs, we've put together a lot of mission-oriented training for

them. There's almost no limit to what they can do."

Another primary duty for the GLO is to advise the wing commander on tactics and available training. In that role he has coordinated Air Force training on everything from follow-on procedures after an airfield seizure to establishing perimeter security.

Sergeant Gorden has made arrangements for more than 1,100 Airmen and officers to complete marksmanship training at Fort Lewis' engagement skills trainer.

Capt. David Huston, 1st Weather Squadron, had high praise for the EST after using the facility recently.

"The training is awesome," Captain Huston said. "This facility is definitely well planned. It replicates the field range environment very well. I think the ability to track people's movements as they're moving the weapon around is a great tool to visually show people what they're doing. The different scenarios they can throw up are very realistic, too. I think the Army did a real professional job with this facility."

Captain Huston said the EST training will have an immediate application.

"A lot of these guys are going to deploy with Stryker brigades or aviation units," he said. "We'll work right next to the Soldiers in Army units. It's really doing the exact, same job in the exact, same environment."



Munitions closure

The 62nd Maintenance Squadron's munitions flight will be closed for a semi-annual inventory Monday through Friday. Computer item records will be frozen for inventory during this time. For more information, call Herbert Wilkins at 982-2956.

AFSA meeting

The next meeting of the Air Force Sergeant's Association, Chapter 1461, is at 3 p.m. Tuesday at McChord's Clubs and Community Center.

Retirement ceremony

Col. Christopher Coley, 62nd Airlift Wing Director of Staff, will retire at 9 a.m. March 9 at McChord's Clubs and Community Center.

Embry-Riddle registration

Registration for classes with Embry-Riddle Aeronautical University has begun for the March 19 to May 24 term. The deadline to register is March 19. For more information, call 589-1728.

Movies for Women's History

The base theater will be

showing "Courage Under Fire," "Mona Lisa Smile" and "Mulan" respectively on March 10, 17 and 24 in honor of Women's History Month.

Higher-ed recruiters

A representative from the University of Maryland will visit from 10:30 a.m. to 2 p.m. March 13 at the base education center, Bldg. 851. A representative from the American Military University will visit from 10 a.m. to 2 p.m. March 20. For more information, call Bruce Houseman at 982-3149.

Names to Note

The following individuals from McChord graduated from the 07-2 class of the Forrest Vosler Noncommissioned Officer Academy at Peterson Air Force Base, Colo., recently:

- Tech. Sgt. Anthony Hendry, Detachment 12, 373rd Training Squadron
- Tech. Sgt. Therese Davis, Detachment 685, Air Force Reserve Officer Training Course, Northwest Region
- Tech. Sgt. Tracy Burnett, 62nd Aircraft Maintenance Squadron
- Tech. Sgt. Duane Cromwell, 62nd AMXS
- Tech. Sgt. Perry Little, 62nd AMXS
- Tech. Sgt. Dan Mueller, 62nd AMXS
- Tech. Sgt. Shayn Powers, 62nd AMXS
- Tech. Sgt. Ronald Robinette Jr., 62nd AMXS
- Tech. Sgt. Phillip Ryan, 62nd AMXS
- Tech. Sgt. Jonathon Welsh, 62nd AMXS
- Tech. Sgt. Marco Hoffman, 62nd Logistics Readiness Squadron
- Tech. Sgt. Michelle Vestal, 62nd LRS
- Tech. Sgt. Richard Young, 62nd Maintenance Squadron
- Tech. Sgt. Robert Gray, 62nd Maintenance Operations Squadron
- Tech. Sgt. Luke McCarthy, 62nd Security Forces Squadron

- The following individuals from McChord were award recipients in the 07-2 class:
- Tech. Sgt. Shayn Powers, Distinguished Graduate
 - Tech. Sgt. Ronald Robinette Jr., Distinguished Graduate



Faith and Worship Programs

For more information, call the chapel support center at 982-5556.

The following chapel programs take place at the base chapel support center, Bldg. 746, unless otherwise noted.

- Faith Formation Youth

Confirmation and Rite of Christian Initiation for Adults are 6:30 p.m. Wednesdays, through April.

- Adult Bible Study is from 11 a.m. to 1:30 p.m. Wednesdays.

Schedule of worship services

Catholic Services:

All Catholic Services are in Chapel Two
Daily Mass Tuesday - Friday 11:30 a.m.
Saturday: 4 p.m. Confession
5 p.m. Mass
Sunday: 9:30 a.m. Mass
11 a.m. Mass

Protestant Services:

Sunday: 8:30 a.m. Liturgical Worship: Chapel One
9:45 a.m. Sunday School for all ages at the chapel support center
11 a.m. Traditional Worship: Chapel One
11 a.m. Contemporary Service: chapel support center

Jewish Services:

Friday: 6 p.m. Fort Lewis Chapel every 1st, 3rd and 5th at the corner of 12th Street and Liggett Avenue 966-8949

Orthodox Activities:

Sunday: 9:30 a.m. Divine Liturgy, St. Nicholas Church, 15th Street and Yakima Avenue, Tacoma

Other services:

Orthodox Christian Community, Cascade Chapel, Fort Lewis
Sundays: 8:45 a.m. pre-Communion prayers
9:30 a.m. Divine Liturgy

Confession is by appointment only; call Father John Anderson at 967-1717 or 906-6843, or e-mail father.anderson@us.army.mil

